



Joe Fox, R.F.  
State Forester

# ARKANSAS FORESTRY COMMISSION

3821 West Roosevelt Road Little Rock, Arkansas 72204-6396  
(501) 219-6359 FAX: (501) 312-7051

A85.400(d)

## OUT OF STATE FIRE DETAILS

### MODERATE LEVEL

### MEDICAL CLEARANCE STATEMENT

Employee Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Firefighter (Moderate Level)

Duties involve field work requiring complete control of all physical faculties and may include considerable walking over irregular ground, standing for long periods of time, lifting 25-50 pounds, climbing, bending, stooping, squatting, twisting, and reaching. Occasional demands may be required for moderately strenuous activities in emergencies over long periods of time. Individuals usually set their own work pace. Unusual Fatigue Factors: Work is performed in a forest environment in steep terrain where surfaces may be extremely uneven, rocky, covered with thick vegetation, etc.

\_\_\_\_\_ Based on my physical examination findings, the above-named employee is cleared to participate in the Moderate Fitness Test. (2 Miles/25 Pound Pack/ 30 Minutes)

\_\_\_\_\_ Based on my physical examination findings, the above-named employee is NOT cleared to participate in the Moderate Fitness Test.

\_\_\_\_\_  
Printed Name of Qualified Medical Provider

\_\_\_\_\_  
Signature of Qualified Medical Provider

\_\_\_\_\_  
Date

\_\_\_\_\_  
Office telephone and fax

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

**Return this original form to:**

Arkansas Forestry Commission  
Human Resources Department  
#1 Natural Resource Drive  
Little Rock, AR 72205

[www.arkansasforestry.org](http://www.arkansasforestry.org)

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